

## FREDERICTON 80+ STUDY

This study of seniors aged 80 years and over included medical, social biographical and psychological variables and addressed how they interact in order to determine health and wellbeing. The original study began in Sweden and expanded to Canada in 1998. (See Lund study description in this report.) It aims to generate hypotheses about aging, determine preventive effects of medical intervention and supplement quantitative assessment of aging with qualitative information on subjective experiences of the participants.

### Listing of study variables & measurement of variables

#### **Biographical: (3 interviews)**

- open-ended life story interview
- more focused on background information
- participant's thoughts on specific life themes

#### **Medical:**

- medication usage
- 25 blood tests
- sleep patterns
- heart functions
- diet/nutrition
- blood pressure
- present & former diseases and operations
- health services utilized
- personal health care and practices
- alcohol and tobacco consumption
- vision and hearing
- objective and subjective health
- occurrence or absence of 30 common symptoms in last 3 months

#### **Psychological:**

- verbal understanding
- locus of control
- spatial ability
- immediate memory
- secondary memory

- future time perspective
- reasoning
- life satisfaction
- introversion and extroversion
- stressors and coping strategies

#### **Social:**

- number of children
- average income
- income if less than \$20,000
- lives in self-contained house
- lives with spouse
- does not require help with activities of daily living
- drives a car
- schooling between 8-12 years
- rates own health as "good"
- meets with siblings, friends
- raised by both parents
- needs help when ill in bed
- who helps when ill in bed
- degree of loneliness

#### **Health:**

- used to smoke
- takes vitamins/natural medicine
- uses diuretics
- health hinders daily activities

## The Fredericton 80+ Study

1. Short summary  
 The Fredericton 80+ Study is a multi-disciplinary, longitudinal-sequential, primarily quantitative study of the aging process in people 80 and older. Launched in 1998 using a design employed by the Lund 80+ Study, the project is administered by the Dept of Gerontology of St. Thomas University, Fredericton, New Brunswick, Canada. Elderly individuals living in or near the cities of Fredericton and Saint John are interviewed annually in their own homes by trained undergraduate and graduate students. Cohort 1 consisted initially of 149 participants (born 1998); Cohort 2 (born 1923) consisted of 250 when introduced in 2003. The study focuses on three main dimensions of participants' lives: social, psychological, and health. In an additional, qualitative component of the study, a sub-sample of participants are invited to tell their life story in an open-ended interview format. In the quantitative components, a variety of instruments and questionnaires are used to obtain information that addresses the following overall objective: "to identify the antecedent and concomitant conditions (demographic, physical, social, and psychological) that determine health, adjustment, level of functioning and life satisfaction in those aged 80 years and older, with a view to providing data capable of informing issues concerning the development of interventions and services for the very old." Interviews for 2004 are now underway with participants in both cohorts (approximately 75 in Cohort 1 and 200 in Cohort 2).
  
  2. Status of project (start and end dates) 1998 to 2007 and possibly continuing
  
  3. Link to Website (in process of revision):  
[www.stu.ca/research/80plus/](http://www.stu.ca/research/80plus/)
  
  4. Suggested keywords multi-disciplinary, longitudinal, sequential,
  
  5. Contact person Ms. Marianne Skarborn, MA  
 Project Administrator  
 1-506-452-0516  
[skarborn@stu.ca](mailto:skarborn@stu.ca)
  
  6. Additional details None
- |              |                        |     |                                 |
|--------------|------------------------|-----|---------------------------------|
| Country:     | Canada                 | Yes | Functional Health               |
| Sample Size: | N = 149 (Cohort 1)     | Yes | Lifestyle: Physical Activity    |
|              | N = 250 (Cohort 2)     | Yes | Lifestyle: Nutrition            |
| Age Group:   | 80+                    | Yes | Lifestyle: Other                |
| Gender:      | Both                   | No  | Minorities                      |
| # Cohorts:   | 2                      | Yes | Psychological Measures          |
| Total Waves: | at least 2             | Yes | Cognitive Abilities             |
|              |                        | Yes | Social and Demographic Measures |
| No           | Physiological Measures | Yes | Health Services Utilization     |